

TACO DEL MAR®



CHOICE INGREDIENTS

When we were cruising past the funky shoreline shacks dotting the beaches of Baja looking for the next wave, we needed to fill up on something fast, flavorful, and nutritious. So, our menu reflects choice ingredients to get you on your next wave. Keto, Paleo, Vegetarian, Vegan, Binge-Day, Plant-Based, Low-Carb, Gluten-Free, Caveman, No Added Sugar, whatever your dietary interest, we got you covered!



USA NUTRITION GUIDE



USA ALLERGEN GUIDE



USA GLUTEN CHART



CANADA NUTRITION GUIDE



CANADA ALLERGEN GUIDE



CANADA GLUTEN CHART

2,000 CALORIE A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. NUTRITION INFORMATION FOR TACO DEL MAR® MENU ITEMS WAS DETERMINED BY REGISTERED DIETITIANS AT NEWWELLNESS, INC. USING MANUFACTURER INFORMATION AND ESHA RESEARCH DATABASE ANALYSIS. INFORMATION IS BASED ON STANDARD RECIPES; VARIATIONS MAY OCCUR DUE TO USE OF AN ALTERNATE SUPPLIER OR DIFFERENCES IN PRODUCT PORTIONING. CUSTOMER REQUESTS FOR VARIATIONS FROM STANDARD RECIPES WILL RESULT IN CHANGES TO NUTRITIONAL VALUES. NOT ALL MENU ITEMS ARE AVAILABLE IN ALL LOCATIONS. REVISED 3/18/2021E

USA NUTRITION GUIDE

	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
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NEW! LOBSTER TACOS

1 Classic Lobster Taco - Corn Tortillas	180g	230	70	8	1	0	20	440	30	2	2	8
1 Classic Lobster Taco - Flour Tortilla	176g	210	90	10	2	0	20	610	23	2	2	8
1 Tropical Lobster Taco - Corn Tortillas	149g	200	30	3.5	0	0	10	380	33	1	5	7
1 Tropical Lobster Taco - Flour Tortilla	148g	180	45	5	1.5	0	10	550	26	1	5	7

BURRITOS - REGULAR

Chicken Burrito	545g	910	280	31	13	0	105	1990	115	10	4	42
Fish Burrito	560g	980	450	50	16	0	100	2120	100	14	5	34
Ground Beef Burrito	545g	950	330	37	17	0	85	2270	116	10	4	38
Pork Burrito	545g	900	280	31	14	0	95	2300	115	9	3	39
Shredded Beef Burrito	545g	910	280	31	14	0	90	2130	116	10	4	40
Vegan Burrito	494g	680	130	15	4.5	0	0	1630	115	12	4	19
Veggie Burrito	552g	840	260	29	12	0	45	1830	119	12	5	26

Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito includes flour tortilla, refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole; Vegan Burrito same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

BURRITOS BOWLS

Chicken Burrito Bowl	441g	600	210	24	10	0	105	1250	63	8	4	34
Fish Burrito Bowl	456g	670	390	43	13	0	100	1380	48	12	5	26
Ground Beef Burrito Bowl	441g	640	270	30	14	0	85	1530	64	8	4	30
Pork Burrito Bowl	441g	590	210	24	11	0	95	1560	63	7	3	31
Shredded Beef Burrito Bowl	441g	600	210	24	11	0	90	1390	64	8	4	32
Vegan Burrito Bowl	390g	370	70	8	1.5	0	0	890	63	10	4	11
Veggie Burrito Bowl	448g	530	200	22	9	0	45	1090	67	10	5	18

Nutrition information for Burrito Bowls include rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito Bowls include refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Bowls include rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Bowl same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

BURRITOS - SMALL

Chicken Burrito	291g	510	150	17	7	0	50	1140	68	5	2	23
Fish Burrito	323g	570	240	27	9	0	50	1280	64	8	2	20
Ground Beef Burrito	291g	530	180	20	9	0	45	1270	68	5	2	21
Pork Burrito	291g	500	150	17	7	0	50	1290	67	5	2	22
Shredded Beef Burrito	291g	510	150	17	7	0	45	1200	68	5	2	22
Vegan Burrito	265g	390	80	9	2.5	0	0	950	68	6	2	12
Veggie Burrito	295g	470	140	16	7	0	25	1060	69	6	2	15

Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito includes flour tortilla, refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole; Vegan Burrito same as Veggie without cheese & sour cream. Optional items not included.

GET WET BURRITO TOPPINGS - REGULAR, SMALL

Regular Toppings - Enchilada Sauce	182g	100	40	4	2	0	10	860	12	2	3	4
Regular Toppings - Queso, White	170g	270	200	23	13	0	55	1430	10	1	5	12
Regular Toppings - Queso, Yellow	170g	170	110	12	5	0	5	970	6	1	1	6
Small Toppings - Enchilada Sauce	125g	80	35	4	2	0	10	500	7	1	2	4
Small Toppings - Queso, White	114g	140	100	11	7	0	30	750	6	1	3	6
Small Toppings - Queso, Yellow	114g	90	50	6	2.5	0	5	520	4	1	1	4

Nutrition information for Wet Burrito toppings only - includes enchilada sauce, cheese, lettuce, Pico de Gallo, cilantro; or Queso, lettuce, Pico, cilantro; burrito nutrition not included.

ENCHILADA PLATTERS

2 Cheese Enchiladas	605g	810	290	32	14	0	70	1870	105	15	4	29
2 Chicken Enchiladas	667g	850	270	31	11	0	105	1990	105	15	5	41
2 Fish Enchiladas	661g	880	300	33	10	0	80	2070	116	15	4	32
2 Ground Beef Enchiladas	667g	890	330	37	15	0	85	2270	106	15	5	36
2 Pork Enchiladas	667g	830	270	30	11	0	95	2300	104	15	5	38
2 Shredded Beef Enchiladas	667g	840	270	30	11	0	90	2130	106	15	5	38

Nutrition information for Enchilada Platters includes 2 soft corn tortillas, meat/fish/cheese, enchilada sauce, rice, refried beans, lettuce, Pico, sour cream, guacamole. Optional jalapenos & sauce not included.

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ENCHILADA/TACO PLATTERS

Cheese - 1 Taco & 1 Enchilada	608g	830	300	33	15	0	70	1980	107	15	5	31
Chicken - 1 Taco & 1 Enchilada	670g	870	280	31	12	0	105	2110	107	15	5	43
Fish - 1 Taco & 1 Enchilada	715g	1030	430	48	14	0	95	2310	120	16	6	35
Ground Beef - 1 Taco & 1 Enchilada	670g	910	340	38	16	0	85	2380	108	15	6	38
Pork - 1 Taco & 1 Enchilada	670g	860	280	31	12	0	95	2410	106	15	5	40
Shredded Beef - 1 Taco & 1 Enchilada	670g	860	280	31	12	0	90	2240	107	15	5	40

Nutrition information for Enchilada/Taco Platters includes 1 corn & 1 flour tortilla, protein/cheese, enchilada sauce, rice, refried beans, lett/cabbage, Pico, sour cream, guacamole. Optional items not included

QUESADILLAS

Cheese Quesadilla	229g	590	260	29	15	0	75	1320	57	3	2	26
Chicken Quesadilla	314g	720	310	35	17	0	130	1580	58	3	2	43
Fish Quesadilla	308g	750	340	37	16	0	105	1660	69	3	2	35
Ground Beef Quesadilla	314g	760	370	41	21	0	110	1860	59	3	2	39
Pork Quesadilla	314g	700	310	34	17	0	120	1890	58	3	2	40
Shredded Beef Quesadilla	314g	710	310	34	17	0	120	1720	59	3	2	41

Nutrition Information for Quesadillas includes flour tortilla, protein/cheese, Pico de Gallo. Optional guacamole, sour cream, sauce & jalapenos not included.

QUESADILLA PLATTERS

Cheese Quesadilla Platter	562g	950	300	33	16	0	75	2200	123	13	3	38
Chicken Quesadilla Platter	647g	1080	350	39	18	0	130	2470	125	13	4	56
Fish Quesadilla Platter	641g	1110	380	42	17	0	105	2540	136	13	3	48
Ground Beef Quesadilla Platter	647g	1120	410	45	22	0	110	2750	125	13	4	51
Pork Quesadilla Platter	647g	1060	350	39	18	0	120	2780	124	13	3	53
Shredded Beef Quesadilla Platter	647g	1070	350	39	18	0	120	2610	125	13	4	54

Nutrition Information for Quesadilla Platters includes flour tortilla, protein/cheese, rice, refried beans, lettuce, Pico de Gallo. Optional items not included.

TACO SALADS

Chicken Taco Salad	585g	710	340	38	14	0	105	1180	59	10	8	37
Fish Taco Salad	579g	730	370	41	13	0	80	1250	70	11	8	28
Ground Beef Taco Salad	585g	750	400	45	18	0	85	1450	60	11	9	32
Pork Taco Salad	585g	690	340	38	14	0	95	1490	58	10	8	34
Shredded Beef Taco Salad	585g	700	340	38	14	0	90	1320	59	10	9	34
Vegan Taco Salad	619g	670	230	25	5	0	0	1110	97	13	8	17
Veggie Taco Salad	677g	830	350	39	13	0	45	1310	101	13	9	23

Nutrition information for Taco Salads includes shell, refried beans, lettuce, protein/cheese, Pico de Gallo, sour cream. Veggie Taco Salad includes shell, refried beans, lettuce, rice, cheese, Pico, sour cream, guacamole; Vegan Taco salad same as Veggie without cheese & sour cream. Optional jalapenos, sauce not included.

TACOS

Chicken Taco - flour tortilla	159g	240	110	12	6	0	50	530	19	2	2	16
Tropical Lobster Taco - corn tortillas	149	260	90	11	1.5	0	10	360	33	3	5	7
Lobster Taco - corn tortillas	180	290	140	15	2	0	20	420	30	4	2	8
Fish Taco - flour tortilla	183g	350	200	22	7	0	50	640	27	3	2	12
Crispy Shrimp Taco - flour tortillas	151g	250	110	12	2	0	35	600	29	1	1	7
Ground Beef Taco - flour tortilla	159g	260	140	15	8	0	45	670	20	2	2	14
Pork Taco - flour tortilla	159g	240	110	12	6	0	50	680	19	2	2	14
Shredded Beef Taco - flour tortilla	159g	240	110	12	6	0	45	600	20	2	2	15
Vegan Taco - flour tortilla	184g	220	45	5	1.5	0	0	550	37	5	2	7
Veggie Taco - flour tortilla	214g	300	110	12	6	0	25	660	39	5	2	10

Nutrition information for Tacos includes tortilla, protein, cheese, lettuce, Pico de Gallo, sour cream. Fish and Crispy Shrimp Taco includes tortilla, fish, cheese, cabbage, white sauce, Pico, sour cream. Veggie Taco includes tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Taco same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

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TORTILLAS, SAUCES, ADD-ONS												
6" Corn Tortilla - 2 each	56 g	120	20	2	0	0	0	0	24	2	0	2
6" Flour Tortilla - 1 each	31g	90	18	2	1	0	0	220	15	1	0	3
7" Hard Corn Taco Shell - 1 each	22g	100	40	4.5	1	0	0	0	14	2	1	2
10" Flour Tortilla - 1 each	71g	210	45	5	2	0	0	510	36	1	0	6
10" Taco Salad Shell - 1 each	59g	280	150	17	3.5	0	0	200	29	1	1	4
10" Whole Wheat Tortilla - 1 each	71g	200	40	5	2	0	0	510	34	4	0	6
12" Flour Tortilla - 1 each	104g	310	60	7	3	0	0	740	52	2	0	8
12" Spinach Tortilla - 1 each	104g	310	60	7	3	0	0	740	51	2	0	9
12" Tomato Basil Tortilla - 1 each	104g	310	60	7	3	0	0	720	52	2	0	8
12" Whole Wheat Tortilla - 1 each	104g	290	60	7	3	0	0	750	50	6	0	9
Beans, Black - 1 spoonful	99g	90	5	0.5	0	0	0	270	17	3	1	4
Beans, Refried - 1 spoonful	99g	100	10	1	0	0	0	350	16	6	0	6
Beans, Whole Pinto - 1 spoonful	99g	90	0	0	0	0	0	210	16	5	0	5
Black Olives - 1 tablespoon	6g	10	10	1	0	0	0	40	0	0	0	0
Cabbage - 1 tong full	57g	15	0	0	0	0	0	10	3	1	1	1
Cheese Add On - 1 scoop	23g	90	70	7	4	0	25	150	1	0	0	6
Chicken Add On - 1 scoop	85g	130	50	6	1.5	0	55	270	1	0	0	18
Chips, side	85g	410	220	24	2.5	0	0	320	46	5	0	5
Chopped onions - 1 tablespoon	6g	0	0	0	0	0	0	0	1	0	0	0
Chopped tomatoes - 1 tong full	17g	5	0	0	0	0	0	0	1	0	0	0
Chorizo - 1.5 oz	43g	120	90	10	3.5	0	15	430	2	1	0	6
Cilantro - 1 tong full	0.3 g	0	0	0	0	0	0	0	0	0	0	0
Crispy Shrimp	42g	80	30	3.5	0.5	0	25	280	10	0	0	4
Eggs - 1 scoop	71g	100	60	7	2	0	300	280	0	0	0	9
Enchilada Sauce - 1 ladle	57g	25	0	0	0	0	0	360	5	1	1	1
Fish Add On - 2 pc	79g	160	80	8	0.5	0	35	340	12	1	0	9
Ground Beef Add On - 1 scoop	85g	170	110	12	6	0	40	540	2	1	1	13
Guacamole Add On - 1 scoop	35g	45	35	4	0.5	0	0	105	3	2	0	1
Guacamole Side Order - 4 oz	113g	140	110	12	2	0	0	330	9	6	1	2
Jalapeno bacon - 1 slice	9g	40	30	3	1	0	5	250	0	0	0	3
Jalapeno peppers - 1 tablespoon	10g	0	0	0	0	0	0	170	0	0	0	0
Side of Tots	115g	190	100	11	1.5	0	0	770	20	2	1	2
Tots Add-On (Regular)	58g	100	50	6	1	0	0	500	10	1	0	1
Tots Add-On (Small)	26g	50	25	3	0.5	0	0	250	10	1	0	1
Lettuce - 1 tong full	57g	10	0	0	0	0	0	5	2	1	1	1
Lime wedge	7g	5	0	0	0	0	0	0	1	0	0	0
Pico de Gallo Add On - 1 scoop	57g	10	0	0	0	0	0	140	2	1	2	1
Pico de Gallo Side Order - 3 oz	85g	15	0	0	0	0	0	210	4	1	2	1
Pork Add On - 1 scoop	85 g	120	50	6	2	0	50	570	1	0	0	15
Queso, White Add On - 1 ladle	57g	130	100	11	7	0	30	680	4	0	2	6
Queso, White Side Order - 4 oz	113g	260	200	23	13	0	55	1360	8	0	4	11
Queso, Yellow Add On - 1 ladle	57g	80	50	6	2.5	0	5	450	2	0	0	3
Queso, Yellow Side Order - 4 oz	113g	160	110	12	5	0	5	900	4	0	0	6
Rice, seasoned - 1 scoop	142g	210	25	3	0	0	0	290	40	1	0	4
Serrano Peppers - 1 tablespoon	6g	0	0	0	0	0	0	0	0	0	0	0
Shredded Beef Add On - 1 scoop	85g	120	50	6	2	0	45	400	2	0	1	15
Sour Cream Add On - 1 scoop	35g	70	50	6	4	0	25	20	1	0	1	1
Chipotle Sour Cream Add On - 1 scoop	35g	110	100	11	3.5	0	20	125	1	0	1	1
Baja White Sauce - 1.5 oz	43g	180	170	19	3.5	0	20	160	2	0	0	0
Salsa Verde Tomatillo (Mild) 1 ladle	34g	5	0	0	0	0	0	25	1	1	0	0
Salsa Roasted Chipotle (Medium) - 1 ladle	34g	5	0	0	0	0	0	120	2	0	1	0
Salsa Habanero (Hot) 1 ladle	34g	5	0	0	0	0	0	90	2	0	1	0
Salsa Corn - 1 ladle	34g	25	5	0	0	0	0	370	4	0	2	1
Salsa Mango 1 ladle	34g	20	0	0	0	0	0	45	5	0	4	0
Spicy Chorizo Hash Protein - Regular Entree	85g	80	30	3.5	2	0	0	290	7	1	1	5
Spicy Chorizo Hash Protein - Taco	43g	40	15	1.5	1	0	0	150	3	0	0	2
White Sauce - 1 ladle	34g	150	150	16	2.5	0	20	140	1	0	1	0
Cilantro Lime Vinaigrette 1 ladle	34g	50	45	5	0	0	0	15	1	1	1	0

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SIDES & COMBOS												
Chips & Guacamole	198g	550	330	37	4	0	0	650	55	11	1	7
Chips & Queso, White	198g	680	420	47	16	0	55	1680	54	5	4	16
Chips & Queso, Yellow	198g	570	330	36	7	0	5	1210	50	5	0	11
Chips & Salsa	170g	430	220	24	2.5	0	0	520	50	6	2	6
Chips & Corn Salsa	177g	480	230	25	2.5	0	0	1310	58	6	5	7
Rice & Beans (black) & Pico de Gallo	319g	350	35	4	0	0	0	780	67	6	3	11
Rice & Beans (pinto) & Pico de Gallo	319g	340	30	3	0	0	0	680	65	8	1	12
Rice & Beans (refried) & Pico de Gallo	319g	360	40	4.5	1	0	0	880	66	10	1	12

Nutrition information above does not include beverage - see beverage section for nutrition information on drinks.

DESSERTS												
Brownie - Chocolate Chunk	72g	320	160	18	9	0	60	100	38	3	26	4
Churros - 2 pieces	74g	270	90	10	1	0	0	180	40	1	13	4
Cookie - Chocolate Chip	38g	170	70	7	4	0	10	120	24	1	15	2
Cookie - Double Chocolate Chip	38g	170	70	8	4.5	0	10	135	23	1	15	2
Cookie - Oatmeal Raisin	38g	160	60	7	4	0	10	130	23	1	13	2
Cookie - White Chocolate Macadamia	38g	170	80	9	4	0	10	120	22	0	14	2

KIDS												
Burrito Bean (refried) & Cheese	243g	440	120	14	7	0	25	1180	61	9	0	20
Cheese Quesadilla	94g	300	110	12	6	0	25	660	37	1	0	12
Chicken Taco - flour tortilla	85g	200	80	8	4	0	40	430	16	1	0	15
Chips 2 oz serving	57g	280	150	16	1.5	0	0	210	31	3	0	3
Fish Taco - flour tortilla	82g	210	90	10	3.5	0	30	460	21	1	0	11
Ground Beef Taco - flour tortilla	85g	220	100	12	6	0	30	560	16	1	0	12
Pork Taco - flour tortilla	85g	190	80	8	4	0	35	580	16	1	0	13
Rice & Beans (black) - as entrée or side	170g	200	20	2	0	0	0	420	37	4	1	6
Rice & Beans (pinto) - as entrée or side	170g	190	15	1.5	0	0	0	360	36	5	0	7
Rice & Beans (refried) - as entrée or side	170g	200	20	2.5	0.5	0	0	490	36	6	0	8
Shredded Beef Taco - flour tortilla	85g	200	80	8	4	0	35	490	16	1	0	14

Nutrition information for Kid's Menu provided on burrito, quesadilla & taco only; chips and rice & beans listed separately above, desserts listed in dessert section & drinks listed in beverage section.

BREAKFAST												
Breakfast Bowl - chorizo	231g	370	200	22	8	0	305	1200	20	5	1	21
Breakfast Bowl - jalapeno bacon	206g	330	160	18	7	0	300	1270	18	4	1	21
Breakfast Bowl - no meat	189g	250	110	12	4.5	0	290	770	18	4	1	15
Breakfast Burrito - chorizo	302g	580	240	27	10	0	305	1710	56	6	1	27
Breakfast Burrito - jalapeno bacon	277g	540	210	23	9	0	300	1780	54	5	1	27
Breakfast Burrito - no meat	260g	460	160	17	7	0	290	1280	54	5	1	21
Breakfast Potatoes Side Order	68g	90	20	2.5	1	0	0	340	16	2	0	2
Breakfast Quesadita - chorizo	224g	500	230	26	10	0	305	1390	41	2	1	24
Breakfast Quesadita - jalapeno bacon	199g	450	200	22	8	0	300	1460	39	1	1	24
Breakfast Quesadita - no meat	182g	370	140	16	6	0	290	960	39	1	1	18
Breakfast Taco - chorizo, flour tortilla	163g	340	180	21	8	0	220	1010	20	2	1	18
Breakfast Taco - jalapeno bacon, flour tortilla	137g	300	150	17	7	0	215	1080	18	1	1	18
Breakfast Taco - no meat, flour tortilla	120g	220	100	11	4.5	0	205	580	18	1	1	12
Coffee	12 fl oz	0	0	0	0	0	0	5	0	0	0	0

Nutrition information for Breakfast Burrito includes tortilla, refried beans, potatoes, egg, meat/cheese, Pico de Gallo. Breakfast Bowl is Breakfast Burrito without the tortilla. Breakfast Quesadita includes tortilla, egg, meat/cheese, Pico de Gallo. Breakfast Taco includes tortilla, egg, cheese/meat, Pico de Gallo. Optional items not included.

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12 FL OZ

21 FL OZ

30 FL OZ

	Total Calories	Sodium (mg)**	Total Carb (g)	Sugars (g)	Total Calories	Sodium (mg)**	Total Carb (g)	Sugars (g)	Total Calories	Sodium (mg)**	Total Carb (g)	Sugars (g)
Barq's Caffeine Free Root Beer	160	70	45	45	290	125	78	78	410	180	112	112
Barq's Root Beer	160	70	45	45	290	125	78	78	410	180	112	112
Cherry Coca-Cola	150	40	42	42	270	70	73	73	380	105	105	105
Coca-Cola	150	35	40	40	260	60	70	70	370	90	100	100
Coca-Cola Zero	0	40	0	0	0	70	0	0	0	105	0	0
Diet Coke	0	50	0	0	0	85	0	0	0	125	0	0
Fanta Fruit Punch	160	55	42	42	270	95	73	73	390	135	104	104
Fanta Orange	160	50	41	41	270	90	72	72	390	125	104	104
Fanta Strawberry	170	50	46	46	290	85	80	80	420	120	115	115
Fuze Raspberry Tea	90	45	23	23	150	80	40	40	220	115	58	57
Fuze Unsweet Tea	0	45	0	0	5	80	0	0	10	115	0	0
Gold Peak Raspberry Tea	100	45	27	27	170	80	47	47	240	120	67	67
Gold Peak Sweetened Green Tea	100	50	27	27	220	85	59	59	310	120	84	84
Gold Peak Premium Unsweetened Tea	0	45	0	0	170	90	47	47	250	125	67	67
Gold Peak Sweetened Black Tea	120	50	34	34	0	80	0	0	0	120	0	0
Hi-C Flashn' Fruit Punch	150	55	42	41	270	95	74	72	390	135	106	103
Hi-C Poppin' Pink Lemonade	140	100	39	38	250	180	69	66	360	250	98	94
Mello Yello	160	50	42	42	280	85	74	74	390	120	106	105
Minute Maid Lemonade	140	100	39	38	250	180	69	66	360	250	99	94
Minute Maid Light Lemonade	5	45	0	0	10	75	0	0	20	105	0	0
Pibb Xtra	140	55	39	39	250	100	68	68	360	140	97	97
POWERade Fruit Punch	90	115	23	22	150	210	41	39	210	290	59	55
POWERade Mountain Blast	80	110	22	22	150	200	38	38	210	280	55	55
Sprite	140	70	39	39	250	120	67	67	360	170	96	96
Caffeine-free Diet Coke	0	50	0	0	0	85	0	0	0	125	0	0
Fanta Grape	170	50	45	45	290	85	78	78	420	120	112	112
Sprite Zero	0	45	0	0	5	80	0	0	5	110	0	0

Serving sizes do not include ice. Beverage options may vary by restaurant.

*Beverages are not a significant source of fat, saturated fat, trans fat, cholesterol, protein or fiber.

**Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed.

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USA ALLERGEN GUIDE

	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
Beans, Black	No	No	No	No	No	No	No	No
Beans, Refried	No	No	No	No	No	No	No	No
Beans, Whole Pinto	No	No	No	No	No	No	No	No
Beef, Ground Beef	No	No	No	No	No	No	Yes	No
Beef, Shredded Beef	No	No	No	No	No	No	No	No
Beverage, 1% Chocolate Milk	Yes	No	No	No	No	No	No	No
Beverage, 2% Milk	Yes	No	No	No	No	No	No	No
Black Bean & Corn Salsa	No	No	No	No	No	No	No	No
Black Olives	No	No	No	No	No	No	No	No
Brownie - Oreo	No	Yes	No	No	No	No	Yes	Yes
Cabbage	No	No	No	No	No	No	No	No
Cheese, Cheddar Jack Shredded	Yes	No	No	No	No	No	No	No
Chicken	No	No	No	No	No	No	No	No
Chopped Onions	No	No	No	No	No	No	No	No
Chopped Tomatoes	No	No	No	No	No	No	No	No
Churro	Yes	Yes	No	No	No	No	Yes	Yes
Cilantro	No	No	No	No	No	No	No	No
Cookie, Chocolate Chip	Yes	Yes	No	No	No	No	Yes	Yes
Cookie, Double Chocolate Chip	Yes	Yes	No	No	No	No	Yes	Yes
Cookie, Oatmeal Raisin	Yes	Yes	No	Yes	No	No	Yes	Yes
Cookie, White Choc Macadamia	Yes	Yes	No	Yes	No	No	Yes	Yes
Crispy Shrimp	Yes	Yes	No	No	Yes	Yes	Yes	Yes
Creamers, Half & Half	Yes	No	No	No	No	No	No	No
Eggs	Yes	Yes	No	No	No	No	Yes	No
Enchilada Sauce	No	No	No	No	No	No	Yes	No
Fish	Yes	No	No	No	Yes	No	Yes	Yes
Guacamole	No	No	No	No	No	No	No	No
Lobster and Seafood	Yes	Yes	No	No	Yes	Yes	Yes	Yes

Continued on next page.

Yes indicates if an item contains an allergen. No indicates if an item does not contain allergen.

The allergen information above is provided for the "Big 8" Allergens as defined by the Food and Drug Administration in the Food Allergen Labeling and Consumer Protection Act of 2004. The presence of allergens is based on ingredient information supplied by manufacturers. REV 3/18/21

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USA ALLERGEN GUIDE

	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
Jalapeno peppers	No	No	No	No	No	No	No	No
Lettuce	No	No	No	No	No	No	No	No
Lime wedge	No	No	No	No	No	No	No	No
Mayonnaise	No	Yes	No	No	No	No	No	No
Onions, chopped	No	No	No	No	No	No	No	No
Pico de Gallo	No	No	No	No	No	No	No	No
Pork, Carnitas	No	No	No	No	No	No	No	No
Potatoes, Breakfast	No	No	No	No	No	No	No	No
Queso Cheese Sauce, White	Yes	No	No	No	No	No	No	No
Queso Cheese Sauce, Yellow	Yes	No	No	No	No	No	No	No
Rice, seasoned	No	No	No	No	No	No	No	No
Salsa, Corn House Made	No	No	No	No	No	No	No	No
Salsa Verde (Mild) House Made	No	No	No	No	No	No	No	No
Salsa Chipotle (Medium) House Made	No	No	No	No	No	No	No	No
Salsa Habanero (Hot) House Made	No	No	No	No	No	No	No	No
Salsa Mango House Made- 1 ladle	No	No	No	No	No	No	No	Yes
Cilantro Lime Vinaigrette House Made	No	No	No	No	No	No	No	No
White Sauce	No	Yes	No	No	No	No	No	No
Serrano Peppers	No	No	No	No	No	No	No	No
Shrimp	No	No	No	No	No	Yes	Yes	No
Sour Cream	Yes	No	No	No	No	No	No	No
Spicy Chorizo Hash	No	No	No	No	No	No	No	No
Chipotle Sour Cream	Yes	Yes	No	No	No	No	No	No
Taco Salad Shell	No	No	No	No	No	No	No	Yes
Taco Shell 7"	No	No	No	No	No	No	No	No
Tomatoes, chopped	No	No	No	No	No	No	No	No
Tortilla Chips	No	No	No	No	No	No	No	No
Tortilla, Corn 6"	No	No	No	No	No	No	No	No
Tortilla, Flour 10"	No	No	No	No	No	No	No	Yes
Tortilla, Flour 12"	No	No	No	No	No	No	No	Yes
Tortilla, Flour 6"	No	No	No	No	No	No	No	Yes
Tortilla, Spinach 12"	No	No	No	No	No	No	No	Yes
Tortilla, Tomato Basil 12"	No	No	No	No	No	No	No	Yes
Tortilla, Whole Wheat 10"	No	No	No	No	No	No	No	Yes
Tortilla, Whole Wheat 12"	No	No	No	No	No	No	No	Yes

Yes indicates if an item contains an allergen. No indicates if an item does not contain allergen.

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USA GLUTEN CHART

Ingredient	Gluten Free	Contains Gluten
BEANS AND RICE		
Beans - Black, Pinto or Refried	X	
Seasoned Rice	X	
PROTEINS		
Alaskan White Fish		X
Braised Chicken	X	
Ground Beef	X	
Pork Carnitas	X	
Shredded Beef	X	
Lobster & Seafood		X
Spicy Chorizo Hash	X	
Crispy Shrimp		X
WRAPS, SHELLS, CHIPS		
Corn Tortilla	X	
Flour Tortillas, all sizes		X
Hard Corn Taco Shell	X	
Salad Shell		X
Spinach Wrap		X
Tomato Basil Wrap		X
Tortilla Chips	X	
Whole Wheat Wrap		X
ADD-ONS		
Corn Salsa	X	
Black olives	X	
Cabbage, shredded	X	
Cheese, shredded	X	
Cilantro	X	
Enchilada Sauce	X	
Guacamole	X	
Jalapeno Peppers	X	
Lettuce, shredded	X	
Lime wedge	X	
Onions, chopped	X	
Pico de Gallo	X	
Queso Cheese Sauce, white	X	
Queso Cheese Sauce, yellow	X	
Salsa Verda (Mild) Homemade- 1 ladle	X	
Salsa Chipotle (Medium) Homemade - 1 ladle	X	
Salsa Habanero (Hot) Homemade- 1 ladle	X	
White Sauce Homemade - 1 ladle	X	
Serrano Peppers	X	
Tomatoes, chopped	X	
Sour Cream	X	
Chipotle Sour Cream	X	
Baja White Sauce	X	
Tots	X	
DESSERTS		
Cookies		X
Brownie - Chocolate Chunk		X
BREAKFAST		
Chorizo	X	
Egg	X	
Jalapeno Bacon	X	
Breakfast Potatoes	X	

WHAT IS GLUTEN?
GLUTEN IS A PROTEIN FOUND IN WHEAT, RYE, BARLEY, SPELT, EMMER, FARO, TRITICALE, AND KAMUT.

AT TACO DEL MAR®, MANY OF OUR INGREDIENTS ARE NATURALLY GLUTEN-FREE, GIVING YOU THE ABILITY TO BUILD YOUR OWN MEAL.

WHILE WE MAKE EVERY ATTEMPT TO AVOID CROSS-CONTAMINATION, PLEASE BE AWARE THAT OUR RESTAURANTS ARE NOT GLUTEN-FREE FACILITIES.

FOR MORE INFORMATION ON GLUTEN, CONTACT THE GLUTEN INTOLERANCE GROUP (GIG) AT WWW.GLUTEN.NET

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CANADA NUTRITION GUIDE

	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
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NEW! LOBSTER TACOS

1 Classic Lobster Taco - Corn Tortillas	180g	230	70	8	1	0	20	440	30	2	2	8
1 Classic Lobster Taco - Flour Tortilla	176g	210	90	10	2	0	20	610	23	2	2	8
1 Tropical Lobster Taco - Corn Tortillas	149g	200	30	3.5	0	0	10	380	33	1	5	7
1 Tropical Lobster Taco - Flour Tortilla	148g	180	45	5	1.5	0	10	550	26	1	5	7

BURRITO BOWLS - REGULAR

Chicken Burrito Bowl	441g	590	230	25	11	0	100	1570	65	8	4	28
Fish Burrito Bowl	456g	670	390	43	13	0	100	1380	48	12	5	26
Ground Beef Burrito Bowl	441g	640	270	30	14	0	85	1530	64	8	4	30
Pork Burrito Bowl	441g	590	210	24	11	0	95	1560	63	7	3	31
Shredded Beef Burrito Bowl	441g	600	210	24	11	0	90	1390	64	8	4	32
Vegan Burrito Bowl	390g	370	70	8	1.5	0	0	890	63	10	4	11
Veggie Burrito Bowl	448g	530	200	22	9	0	45	1090	67	10	5	18

Nutrition information for Burrito Bowls include rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito Bowls include refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Bowls include rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Bowl same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

BURRITOS - REGULAR

Chicken Burrito	545g	900	290	32	14	0	100	2310	117	10	4	36
Fish Burrito	560g	980	450	50	16	0	100	2120	100	14	5	34
Ground Beef Burrito	545g	950	330	37	17	0	85	2270	116	10	4	38
Pork Burrito	545g	900	280	31	14	0	95	2300	115	9	3	39
Shredded Beef Burrito	545g	910	280	31	14	0	90	2130	116	10	4	40
Vegan Burrito	494g	680	130	15	4.5	0	0	1630	115	12	4	19
Veggie Burrito	552g	840	260	29	12	0	45	1830	119	12	5	26

BURRITOS - SMALL

Chicken Burrito	291g	510	160	18	7	0	50	1300	68	5	2	20
Fish Burrito	323g	570	240	27	9	0	50	1280	64	8	2	20
Ground Beef Burrito	291g	530	180	20	9	0	45	1270	68	5	2	21
Pork Burrito	291g	500	150	17	7	0	50	1290	67	5	2	22
Shredded Beef Burrito	291g	510	150	17	7	0	45	1200	68	5	2	22
Vegan Burrito	265g	390	80	9	2.5	0	0	950	68	6	2	12
Veggie Burrito	295g	470	140	16	7	0	25	1060	69	6	2	15

Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito includes flour tortilla, refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole; Vegan Burrito same as Veggie without cheese & sour cream. Optional items not included.

GET WET BURRITO TOPPINGS - REGULAR, SMALL

Regular Toppings - Enchilada Sauce	182g	100	40	4	2	0	10	860	12	2	3	4
Regular Toppings - Queso Sauce	170g	170	110	12	5	0	5	970	6	1	1	6
Small Toppings - Enchilada Sauce	125g	80	35	4	2	0	10	500	7	1	2	4
Small Toppings - Queso Sauce	114g	90	50	6	2.5	0	5	520	4	1	1	4

Nutrition information for Wet Burrito toppings only - includes enchilada sauce, cheese, lettuce, Pico de Gallo, cilantro; or Queso, lettuce, Pico, cilantro; burrito nutrition not included.

ENCHILADA PLATTERS

2 Cheese Enchiladas	605g	810	290	32	14	0	70	1870	105	15	4	29
2 Chicken Enchiladas	667g	840	290	32	12	0	100	2320	106	15	5	35
2 Fish Enchiladas	661g	880	300	33	10	0	80	2070	116	15	4	32
2 Ground Beef Enchiladas	667g	890	330	37	15	0	85	2270	106	15	5	36
2 Pork Enchiladas	667g	830	270	30	11	0	95	2300	104	15	5	38
2 Shredded Beef Enchiladas	667g	840	270	30	11	0	90	2130	106	15	5	38

Nutrition information for Enchilada Platters includes 2 soft corn tortillas, meat/fish/cheese, enchilada sauce, rice, refried beans, lettuce, Pico, sour cream, guacamole. Optional jalapenos & sauce not included.

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CANADA NUTRITION GUIDE

	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
ENCHILADA/TACO PLATTERS												
Cheese - 1 Taco & 1 Enchilada	608g	830	300	33	15	0	70	1980	107	15	5	31
Chicken - 1 Taco & 1 Enchilada	670g	860	290	33	13	0	100	2430	108	15	5	37
Fish - 1 Taco & 1 Enchilada	715g	1030	430	48	14	0	95	2310	120	16	6	35
Ground Beef - 1 Taco & 1 Enchilada	670g	910	340	38	16	0	85	2380	108	15	6	38
Pork - 1 Taco & 1 Enchilada	670g	860	280	31	12	0	95	2410	106	15	5	40
Shredded Beef - 1 Taco & 1 Enchilada	670g	860	280	31	12	0	90	2240	107	15	5	40

Nutrition information for Enchilada/Taco Platters includes 1 corn & 1 flour tortilla, protein/cheese, enchilada sauce, rice, refried beans, lett/cabbage, Pico, sour cream, guacamole. Optional items not included.

NACHOS												
Cheese Nachos	408g	1040	590	66	20	0	95	1510	88	15	3	31
Chicken Nachos	493g	1160	660	73	22	0	150	2100	91	15	4	43
Fish Nachos	488g	1200	670	74	21	0	130	1850	100	15	3	41
Ground Beef Nachos	493g	1210	700	78	26	0	135	2050	90	15	4	45
Pork Nachos	493g	1150	640	71	22	0	145	2080	89	15	4	46
Shredded Beef Nachos	493g	1160	640	71	22	0	140	1910	90	15	4	47

Nutrition information for Nachos includes chips, refried beans, protein/cheese, Pico de Gallo, sour cream, guacamole. Optional jalapenos & sauce not included.

QUESADILLAS												
Cheese Quesadilla	229g	590	260	29	15	0	75	1320	57	3	2	26
Chicken Quesadilla	314g	710	320	36	17	0	130	1910	60	3	2	37
Fish Quesadilla	308g	750	340	37	16	0	105	1660	69	3	2	35
Ground Beef Quesadilla	314g	760	370	41	21	0	110	1860	59	3	2	39
Pork Quesadilla	314g	700	310	34	17	0	120	1890	58	3	2	40
Shredded Beef Quesadilla	314g	710	310	34	17	0	120	1720	59	3	2	41

Nutrition Information for Quesadillas includes flour tortilla, protein/cheese, Pico de Gallo. Optional guacamole, sour cream, sauce & jalapenos not included.

QUESADILLA PLATTERS												
Cheese Quesadilla Platter	562g	950	300	33	16	0	75	2200	123	13	3	38
Chicken Quesadilla Platter	647g	1070	360	40	18	0	130	2790	126	13	4	50
Fish Quesadilla Platter	641g	1110	380	42	17	0	105	2540	136	13	3	48
Ground Beef Quesadilla Platter	647g	1120	410	45	22	0	110	2750	125	13	4	51
Pork Quesadilla Platter	647g	1060	350	39	18	0	120	2780	124	13	3	53
Shredded Beef Quesadilla Platter	647g	1070	350	39	18	0	120	2610	125	13	4	54

Nutrition Information for Quesadilla Platters includes flour tortilla, protein/cheese, rice, refried beans, lettuce, Pico de Gallo. Optional items not included.

TACO SALADS												
Chicken Taco Salad	585g	690	350	39	14	0	100	1500	60	10	9	31
Fish Taco Salad	579g	730	370	41	13	0	80	1250	70	11	8	28
Ground Beef Taco Salad	585g	750	400	45	18	0	85	1450	60	11	9	32
Pork Taco Salad	585g	690	340	38	14	0	95	1490	58	10	8	34
Shredded Beef Taco Salad	585g	700	340	38	14	0	90	1320	59	10	9	34
Vegan Taco Salad	619g	670	230	25	5	0	0	1110	97	13	8	17
Veggie Taco Salad	677g	830	350	39	13	0	45	1310	101	13	9	23

Nutrition information for Taco Salads includes shell, refried beans, lettuce, protein/cheese, Pico de Gallo, sour cream. Veggie Taco Salad includes shell, refried beans, lettuce, rice, cheese, Pico, sour cream, guacamole; Vegan Taco salad same as Veggie without cheese & sour cream. Optional jalapenos, sauce not included.

TACOS												
Chicken Taco - flour tortilla	159g	240	110	13	6	0	50	690	20	2	2	13
Lobster Seafood Taco - Corn Taco Shells	180	290	140	15	2	0	20	420	30	4	2	8
Lobster Tropical Taco - Corn Taco Shells	149	260	90	11	1.5	0	10	360	33	3	5	7
Fish Taco - flour tortilla	183g	350	200	22	7	0	50	640	27	3	2	12
Ground Beef Taco - flour tortilla	159g	260	140	15	8	0	45	670	20	2	2	14
Pork Taco - flour tortilla	159g	240	110	12	6	0	50	680	19	2	2	14
Shredded Beef Taco - flour tortilla	159g	240	110	12	6	0	45	600	20	2	2	15
Vegan Taco - flour tortilla	184g	220	45	5	1.5	0	0	550	37	5	2	7
Veggie Taco - flour tortilla	214g	300	110	12	6	0	25	660	39	5	2	10

Nutrition information for Tacos includes tortilla, protein, cheese, lettuce, Pico de Gallo, sour cream. Fish Taco includes tortilla, fish, cheese, cabbage, white sauce, Pico, sour cream. Veggie Taco includes tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Taco same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

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CANADA NUTRITION GUIDE

	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
TORTILLAS, SAUCES, ADD-ONS												
6" Corn Tortilla - 2 each	56 g	120	20	2	0	0	0	0	24	2	0	2
6" Flour Tortilla - 1 each	31g	90	18	2	1	0	0	220	15	1	0	3
7" Hard Corn Taco Shell - 1 each	22g	100	40	4.5	1	0	0	0	14	2	1	2
10" Flour Tortilla - 1 each	71g	210	45	5	2	0	0	510	36	1	0	6
10" Taco Salad Shell - 1 each	59g	280	150	17	3.5	0	0	200	29	1	1	4
10" Whole Wheat Tortilla - 1 each	71g	200	40	5	2	0	0	510	34	4	0	6
12" Flour Tortilla - 1 each	104g	310	60	7	3	0	0	740	52	2	0	8
12" Spinach Tortilla - 1 each	104g	310	60	7	3	0	0	740	51	2	0	9
12" Tomato Basil Tortilla - 1 each	104g	310	60	7	3	0	0	720	52	2	0	8
12" Whole Wheat Tortilla - 1 each	104g	290	60	7	3	0	0	750	50	6	0	9
Beans, Black - 1 spoonful	99g	90	5	0.5	0	0	0	270	17	3	1	4
Beans, Refried - 1 spoonful	99g	100	10	1	0	0	0	350	16	6	0	6
Beans, Whole Pinto - 1 spoonful	99g	90	0	0	0	0	0	210	16	5	0	5
Black Bean & Corn Salsa - 2 oz	57g	60	5	0.5	0	0	0	230	12	3	1	3
Beyond Meat ®	85g	100	35	4	0	0	0	250	5	1	2	9
Black Olives - 1 tablespoon	6g	10	10	1	0	0	0	40	0	0	0	0
Cabbage - 1 tong full	57g	15	0	0	0	0	0	10	3	1	1	1
Cheese Add On - 1 scoop	23g	90	70	7	4	0	25	150	1	0	0	6
Chicken Add On - 1 scoop	85g	85	50	3	1	0	60	490	3	0	1	17
Chips, side	85g	410	220	24	2.5	0	0	320	46	5	0	5
Chopped onions - 1 tablespoon	6g	0	0	0	0	0	0	0	1	0	0	0
Chopped tomatoes - 1 tong full	17g	5	0	0	0	0	0	0	1	0	0	0
Chorizo - 1.5 oz	43g	120	90	10	3.5	0	15	430	2	1	0	6
Cilantro - 1 tong full	0.3 g	0	0	0	0	0	0	0	0	0	0	0
Crispy Shrimp	42g	80	30	3.5	0.5	0	25	280	10	0	0	4
Eggs - 1 scoop	71g	100	60	7	2	0	300	280	0	0	0	9
Enchilada Sauce - 1 ladle	57g	25	0	0	0	0	0	360	5	1	1	1
Fish Add On - 2 pc	79g	160	80	8	0.5	0	35	340	12	1	0	9
Ground Beef Add On - 1 scoop	85g	170	110	12	6	0	40	540	2	1	1	13
Guacamole Add On - 1 scoop	35g	45	35	4	0.5	0	0	105	3	2	0	1
Guacamole Side Order - 4 oz	113g	140	110	12	2	0	0	330	9	6	1	2
Jalapeno bacon - 1 slice	6g	25	2	0.5	0	0	5	110	0	0	0	2
Jalapeno peppers - 1 tablespoon	10g	0	0	0	0	0	0	170	0	0	0	0
Lettuce - 1 tong full	57g	10	0	0	0	0	0	5	2	1	1	1
Lime wedge	7g	5	0	0	0	0	0	0	1	0	0	0
Pico de Gallo Add On - 1 scoop	57g	10	0	0	0	0	0	140	2	1	2	1
Pico de Gallo Side Order - 3 oz	85g	15	0	0	0	0	0	210	4	1	2	1
Pork Add On - 1 scoop	85 g	120	50	6	2	0	50	570	1	0	0	15
Side of Tots	115g	190	100	11	1.5	0	0	770	20	2	1	2
Tots Add-On (Regular)	58g	100	50	6	1	0	0	500	10	1	0	1
Tots Add-On (Small)	26g	50	25	3	0.5	0	0	250	10	1	0	1
Queso, White Add On - 1 ladle	57g	130	100	11	7	0	30	680	4	0	2	6
Queso, White Side Order - 4 oz	113g	260	200	23	13	0	55	1360	8	0	4	11
Queso, Yellow Add On - 1 ladle	57g	80	50	6	2.5	0	5	450	2	0	0	3
Queso, Yellow Side Order - 4 oz	113g	160	110	12	5	0	5	900	4	0	0	6
Rice, seasoned - 1 scoop	142g	210	25	3	0	0	0	290	40	1	0	4
Spicy Chorizo Hash Protein - Regular Entree	85g	90	40	3.5	2	0	0	270	9	1	1	5
Spicy Chorizo Hash Protein - Taco	43g	45	20	1.5	1	0	0	135	5	0	0	3
Salsa, Habanero (Hot) - 1 ladle	34g	5	0	0	0	0	0	150	1	0	1	0
Salsa, Mango - 1 ladle	40g	25	0	0	0	0	0	190	5	1	4	1
Salsa, Reaper - 1 ladle	34g	10	0	0	0	0	0	140	2	0	2	0
Salsa, Roasted Chipotle (Medium) - 1 ladle	34g	10	0	0	0	0	0	105	2	0	1	0
Salsa, Tomatillo (Mild) - 1 ladle	34g	10	0	0	0	0	0	180	2	0	1	0
Salsa Corn - 1 ladle	34g	25	5	0	0	0	0	370	4	0	2	1
Serrano Peppers - 1 tablespoon	6g	0	0	0	0	0	0	0	0	0	0	0
Shredded Beef Add On - 1 scoop	85g	120	50	6	2	0	45	400	2	0	1	15
Sour Cream Add On - 1 scoop	35g	60	45	5	3	0.1	20	35	2	0	1	1
Chipotle Sour Cream Add On - 1 scoop	35g	100	90	10	2.5	0.2	20	135	2	0	1	1
White Sauce - 1.5 oz	43g	180	170	19	3.5	0	20	160	2	0	0	0
Salsa Verda (Mild) Homemade- 1 ladle	34g	5	0	0	0	0	0	25	1	1	0	0
Salsa Chipotle (Medium) Homemade - 1 ladle	34g	5	0	0	0	0	0	120	2	0	1	0
Salsa Habanero (Hot) Homemade- 1 ladle	34g	5	0	0	0	0	0	90	2	0	1	0
Salsa Mango Homemade- 1 ladle	34g	20	0	0	0	0	0	45	5	0	4	0
White Sauce Homeade - 1 ladle	34g	150	150	16	2.5	0	20	140	1	0	1	0
Cilantro Lime Vinaigrette	34g	50	45	5	0	0	0	15	1	1	1	0

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	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
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SIDES & COMBOS

Chips & Guacamole	198g	550	330	37	4	0	0	650	55	11	1	7
Chips & Queso, White	198g	680	420	47	16	0	55	1680	54	5	4	16
Chips & Queso, Yellow	198g	570	330	36	7	0	5	1210	50	5	0	11
Chips & Salsa	170g	430	220	24	2.5	0	0	520	50	6	2	6
Rice & Beans (black) & Pico de Gallo	319g	350	35	4	0	0	0	780	67	6	3	11
Rice & Beans (pinto) & Pico de Gallo	319g	340	30	3	0	0	0	680	65	8	1	12
Rice & Beans (refried) & Pico de Gallo	319g	360	40	4.5	1	0	0	880	66	10	1	12

Nutrition information above does not include beverage - see beverage section for nutrition information on drinks.

DESSERTS

Brownie - Oreo	92g	400	150	17	8	0	65	230	59	2	37	4
Churros - 2 pieces	74g	270	90	10	1	0	0	180	40	1	13	4
Cookie - Chocolate Chip	38g	170	70	7	4	0	10	120	24	1	15	2
Cookie - Double Chocolate Chip	38g	170	70	8	4.5	0	10	135	23	1	15	2
Cookie - Oatmeal Raisin	38g	160	60	7	4	0	10	130	23	1	13	2
Cookie - White Chocolate Macadamia	38g	170	80	9	4	0	10	120	22	0	14	2

KIDS

Burrito Bean (refried) & Cheese	243g	440	120	14	7	0	25	1180	61	9	0	20
Cheese Quesadilla	94g	300	110	12	6	0	25	660	37	1	0	12
Chicken Taco - flour tortilla	85g	190	80	9	4	0	40	590	17	1	0	12
Chips 2 oz serving	57g	280	150	16	1.5	0	0	210	31	3	0	3
Fish Taco - flour tortilla	82g	210	90	10	3.5	0	30	460	21	1	0	11
Ground Beef Taco - flour tortilla	85g	220	100	12	6	0	30	560	16	1	0	12
Pork Taco - flour tortilla	85g	190	80	8	4	0	35	580	16	1	0	13
Rice & Beans (black) - as entrée or side	170g	200	20	2	0	0	0	420	37	4	1	6
Rice & Beans (pinto) - as entrée or side	170g	190	15	1.5	0	0	0	360	36	5	0	7
Rice & Beans (refried) - as entrée or side	170g	200	20	2.5	0.5	0	0	490	36	6	0	8
Shredded Beef Taco - flour tortilla	85g	200	80	8	4	0	35	490	16	1	0	14

Nutrition information for Kid's Menu provided on burrito, quesadilla & taco only; chips and rice & beans listed separately above, desserts listed in dessert section & drinks listed in beverage section.

BREAKFAST

Breakfast Bowl - chorizo	231g	370	200	22	8	0	305	1200	20	5	1	21
Breakfast Bowl - jalapeno bacon	200g	300	150	16	6	0	300	990	18	4	1	19
Breakfast Bowl - no meat	189g	250	110	12	4.5	0	290	770	18	4	1	15
Breakfast Burrito - chorizo	302g	580	240	27	10	0	305	1710	56	6	1	27
Breakfast Burrito - jalapeno bacon	271g	510	190	21	8	0	300	1500	54	5	1	25
Breakfast Burrito - no meat	260g	460	160	17	7	0	290	1280	54	5	1	21
Breakfast Potatoes Side Order	68g	90	20	2.5	1	0	0	340	16	2	0	2
Breakfast Quesadita - chorizo	224g	500	230	26	10	0	305	1390	41	2	1	24
Breakfast Quesadita - jalapeno bacon	193g	430	180	20	8	0	300	1190	39	1	1	21
Breakfast Quesadita - no meat	182g	370	140	16	6	0	290	960	39	1	1	18
Breakfast Taco - chorizo, flour tortilla	163g	340	180	21	8	0	220	1010	20	2	1	18
Breakfast Taco - jalapeno bacon, flour tortilla	132g	270	130	15	6	0	220	800	18	1	1	16
Breakfast Taco - no meat, flour tortilla	120g	220	100	11	4.5	0	205	580	18	1	1	12
Coffee	12 fl oz	0	0	0	0	0	0	5	0	0	0	0

Nutrition information for Breakfast Burrito includes tortilla, refried beans, potatoes, egg, meat/cheese, Pico de Gallo. Breakfast Bowl is Breakfast Burrito without the tortilla. Breakfast Quesadita includes tortilla, egg, meat/cheese, Pico de Gallo. Breakfast Taco includes tortilla, egg, cheese/meat, Pico de Gallo. Optional items not included.

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12 FL OZ

21 FL OZ

30 FL OZ

	Total Calories	Sodium (mg)**	Total Carb (g)	Sugars (g)	Total Calories	Sodium (mg)**	Total Carb (g)	Sugars (g)	Total Calories	Sodium (mg)**	Total Carb (g)	Sugars (g)
Barq's Caffeine Free Root Beer	160	70	45	45	290	125	78	78	410	180	112	112
Barq's Root Beer	160	70	45	45	290	125	78	78	410	180	112	112
Cherry Coca-Cola	150	40	42	42	270	70	73	73	380	105	105	105
Coca-Cola	150	35	40	40	260	60	70	70	370	90	100	100
Coca-Cola Zero	0	40	0	0	0	70	0	0	0	105	0	0
Diet Coke	0	50	0	0	0	85	0	0	0	125	0	0
Fanta Fruit Punch	160	55	42	42	270	95	73	73	390	135	104	104
Fanta Orange	160	50	41	41	270	90	72	72	390	125	104	104
Fanta Strawberry	170	50	46	46	290	85	80	80	420	120	115	115
Fuze Raspberry Tea	90	45	23	23	150	80	40	40	220	115	58	57
Fuze Unsweet Tea	0	45	0	0	5	80	0	0	10	115	0	0
Gold Peak Raspberry Tea	100	45	27	27	170	80	47	47	240	120	67	67
Gold Peak Sweetened Green Tea	100	50	27	27	220	85	59	59	310	120	84	84
Gold Peak Premium Unsweetened Tea	0	45	0	0	170	90	47	47	250	125	67	67
Gold Peak Sweetened Black Tea	120	50	34	34	0	80	0	0	0	120	0	0
Hi-C Flashn' Fruit Punch	150	55	42	41	270	95	74	72	390	135	106	103
Hi-C Poppin' Pink Lemonade	140	100	39	38	250	180	69	66	360	250	98	94
Mello Yello	160	50	42	42	280	85	74	74	390	120	106	105
Minute Maid Lemonade	140	100	39	38	250	180	69	66	360	250	99	94
Minute Maid Light Lemonade	5	45	0	0	10	75	0	0	20	105	0	0
Pibb Xtra	140	55	39	39	250	100	68	68	360	140	97	97
POWERade Fruit Punch	90	115	23	22	150	210	41	39	210	290	59	55
POWERade Mountain Blast	80	110	22	22	150	200	38	38	210	280	55	55
Sprite	140	70	39	39	250	120	67	67	360	170	96	96
Caffeine-free Diet Coke	0	50	0	0	0	85	0	0	0	125	0	0
Fanta Grape	170	50	45	45	290	85	78	78	420	120	112	112
Sprite Zero	0	45	0	0	5	80	0	0	5	110	0	0

Serving sizes do not include ice. Beverage options may vary by restaurant.

*Beverages are not a significant source of fat, saturated fat, trans fat, cholesterol, protein or fiber.

**Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed.

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CANADA ALLERGEN GUIDE

	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
Beans, Black	No	No	No	No	No	No	No	No
Beans, Refried	No	No	No	No	No	No	No	No
Beans, Whole Pinto	No	No	No	No	No	No	No	No
Beef, Ground Beef	No	No	No	No	No	No	Yes	No
Beef, Shredded Beef	No	No	No	No	No	No	No	No
Beverage, 1% Chocolate Milk	Yes	No	No	No	No	No	No	No
Beverage, 2% Milk	Yes	No	No	No	No	No	No	No
Black Bean & Corn Salsa	No	No	No	No	No	No	No	No
Black Olives	No	No	No	No	No	No	No	No
Brownie - Oreo	No	Yes	No	No	No	No	Yes	Yes
Cabbage	No	No	No	No	No	No	No	No
Cheese, Cheddar Jack Shredded	Yes	No	No	No	No	No	No	No
Chicken	No	No	No	No	No	No	No	No
Chopped Onions	No	No	No	No	No	No	No	No
Chopped Tomatoes	No	No	No	No	No	No	No	No
Churro	Yes	Yes	No	No	No	No	Yes	Yes
Cilantro	No	No	No	No	No	No	No	No
Cookie, Chocolate Chip	Yes	Yes	No	No	No	No	Yes	Yes
Cookie, Double Chocolate Chip	Yes	Yes	No	No	No	No	Yes	Yes
Cookie, Oatmeal Raisin	Yes	Yes	No	Yes	No	No	Yes	Yes
Cookie, White Choc Macadamia	Yes	Yes	No	Yes	No	No	Yes	Yes
Creamers, Half & Half	Yes	No	No	No	No	No	No	No
Eggs	Yes	Yes	No	No	No	No	Yes	No
Enchilada Sauce	No	No	No	No	No	No	Yes	No
Fish	Yes	No	No	No	Yes	No	Yes	Yes
Guacamole	No	No	No	No	No	No	No	No
Lobster and Seafood	Yes	Yes	No	No	Yes	Yes	Yes	Yes

Continued on next page.

Yes indicates if an item contains an allergen. No indicates if an item does not contain allergen.

The allergen information above is provided for the "Big 8" Allergens as defined by the Food and Drug Administration in the Food Allergen Labeling and Consumer Protection Act of 2004. The presence of allergens is based on ingredient information supplied by manufacturers. REV 3/18/21

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CANADA ALLERGEN GUIDE

	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
Jalapeno peppers	No	No	No	No	No	No	No	No
Lettuce	No	No	No	No	No	No	No	No
Lime wedge	No	No	No	No	No	No	No	No
Mayonnaise	No	Yes	No	No	No	No	No	No
Onions, chopped	No	No	No	No	No	No	No	No
Pico de Gallo	No	No	No	No	No	No	No	No
Pork, Carnitas	No	No	No	No	No	No	No	No
Potatoes, Breakfast	No	No	No	No	No	No	No	No
Queso Cheese Sauce, White	Yes	No	No	No	No	No	No	No
Queso Cheese Sauce, Yellow	Yes	No	No	No	No	No	No	No
Rice, seasoned	No	No	No	No	No	No	No	No
Salsa, Habanero (Hot)	No	No	No	No	No	No	No	No
Salsa, Mango	No	No	No	No	No	No	No	Yes
Salsa, Reaper	No	No	No	No	No	No	No	No
Salsa, Roasted Chipotle (Medium)	No	No	No	No	No	No	No	No
Salsa, Tomatillo (Mild)	No	No	No	No	No	No	No	No
Salsa, Corn House Made	No	No	No	No	No	No	No	No
Salsa Verde (Mild) House Made	No	No	No	No	No	No	No	No
Salsa Chipotle (Medium) House Made	No	No	No	No	No	No	No	No
Salsa Habanero (Hot) House Made	No	No	No	No	No	No	No	No
Salsa Mango House Made- 1 ladle	No	No	No	No	No	No	No	Yes
Cilantro Lime Vinaigrette House Made	No	No	No	No	No	No	No	No
White Sauce	No	Yes	No	No	No	No	No	No
Serrano Peppers	No	No	No	No	No	No	No	No
Sour Cream	Yes	No	No	No	No	No	No	No
Chipotle Sour Cream	Yes	Yes	No	No	No	No	No	No
Taco Salad Shell	No	No	No	No	No	No	No	Yes
Taco Shell 7"	No	No	No	No	No	No	No	No
Tomatoes, chopped	No	No	No	No	No	No	No	No
Tortilla Chips	No	No	No	No	No	No	No	No
Tortilla, Corn 6"	No	No	No	No	No	No	No	No
Tortilla, Flour 10"	No	No	No	No	No	No	No	Yes
Tortilla, Flour 12"	No	No	No	No	No	No	No	Yes
Tortilla, Flour 6"	No	No	No	No	No	No	No	Yes
Tortilla, Spinach 12"	No	No	No	No	No	No	No	Yes
Tortilla, Tomato Basil 12"	No	No	No	No	No	No	No	Yes
Tortilla, Whole Wheat 10"	No	No	No	No	No	No	No	Yes
Tortilla, Whole Wheat 12"	No	No	No	No	No	No	No	Yes
Spicy Chorizo Hash	No	No	No	No	No	No	No	No

Yes indicates if an item contains an allergen. No indicates if an item does not contain allergen.

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CANADA GLUTEN CHART

Ingredient	Gluten Free	Contains Gluten
BEANS AND RICE		
Beans - Black, Pinto or Refried	X	
Seasoned Rice	X	
PROTEINS		
Alaskan White Fish		X
Braised Chicken	X	
Ground Beef	X	
Pork Carnitas	X	
Shredded Beef	X	
Spicy Chorizo Hash	X	
Lobster and Seafood		X
Crispy Shrimp		X
WRAPS, SHELLS, CHIPS		
Corn Tortilla	X	
Flour Tortillas, all sizes		X
Hard Corn Taco Shell	X	
Salad Shell		X
Spinach Wrap		X
Tomato Basil Wrap		X
Tortilla Chips	X	
Whole Wheat Wrap		X
ADD-ONS		
Black Bean & Corn Salsa	X	
Black olives	X	
Cabbage, shredded	X	
Cheese, shredded	X	
Cilantro	X	
Enchilada Sauce	X	
Guacamole	X	
Jalapeno Peppers	X	
Lettuce, shredded	X	
Lime wedge	X	
Onions, chopped	X	
Pico de Gallo	X	
Queso Cheese Sauce, white	X	
Queso Cheese Sauce, yellow	X	
Salsa, Mango	X	
Salsa Verda (Mild) Homemade- 1 ladle	X	
Salsa Chipotle (Medium) Homemade - 1 ladle	X	
Salsa Habanero (Hot) Homemade- 1 ladle	X	
White Sauce Homemade - 1 ladle	X	
Corn Salsa	X	
Serrano Peppers	X	
Tomatoes, chopped	X	
Sour Cream	X	
Chipotle Sour Cream	X	
White Sauce	X	
DESSERTS		
Cookies		X
Brownie - Chocolate Chunk		X
BREAKFAST		
Chorizo	X	
Egg	X	
Jalapeno Bacon	X	
Breakfast Potatoes	X	

WHAT IS GLUTEN?
GLUTEN IS A PROTEIN FOUND IN WHEAT, RYE, BARLEY, SPELT, EMMER, FARO, TRITICALE, AND KAMUT.

AT TACO DEL MAR®, MANY OF OUR INGREDIENTS ARE NATURALLY GLUTEN-FREE, GIVING YOU THE ABILITY TO BUILD YOUR OWN MEAL.

WHILE WE MAKE EVERY ATTEMPT TO AVOID CROSS-CONTAMINATION, PLEASE BE AWARE THAT OUR RESTAURANTS ARE NOT GLUTEN-FREE FACILITIES.

FOR MORE INFORMATION ON GLUTEN, CONTACT THE GLUTEN INTOLERANCE GROUP (GIG) AT WWW.GLUTEN.NET

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